

ABSTRACT

A holographic multiplex recording method is provided in which remaining dynamic range in each recording area is made
5 more uniform upon holographic multiplex recording. In this holographic recording method, a first-stage recording spot row RX₁ is formed by arranging recording spots RS in an X-axis direction without overlapping, and then a second-stage recording spot row RX₂ formed of the recording spots RS without
10 overlapping in the X-axis direction is recorded in a position for shift multiplex recording in a Y-axis direction. This is repeated to form a Y-axis direction first multiplex recording spot matrix TYX₁. In this case, recording is performed to all recordable regions without shift multiplex recording in the X-
15 axis direction. Subsequently, a Y-axis direction second multiplex recording spot matrix TYX₂ is formed in a position shift-multiplexed in the X-axis direction with respect to the first-stage recording spot row RX₁ initially recorded. The shift multiplex recording in the X-axis direction is performed
20 in a similar manner up to a Y-axis direction last multiplex recording spot matrix TYX_n to thereby complete the recording.